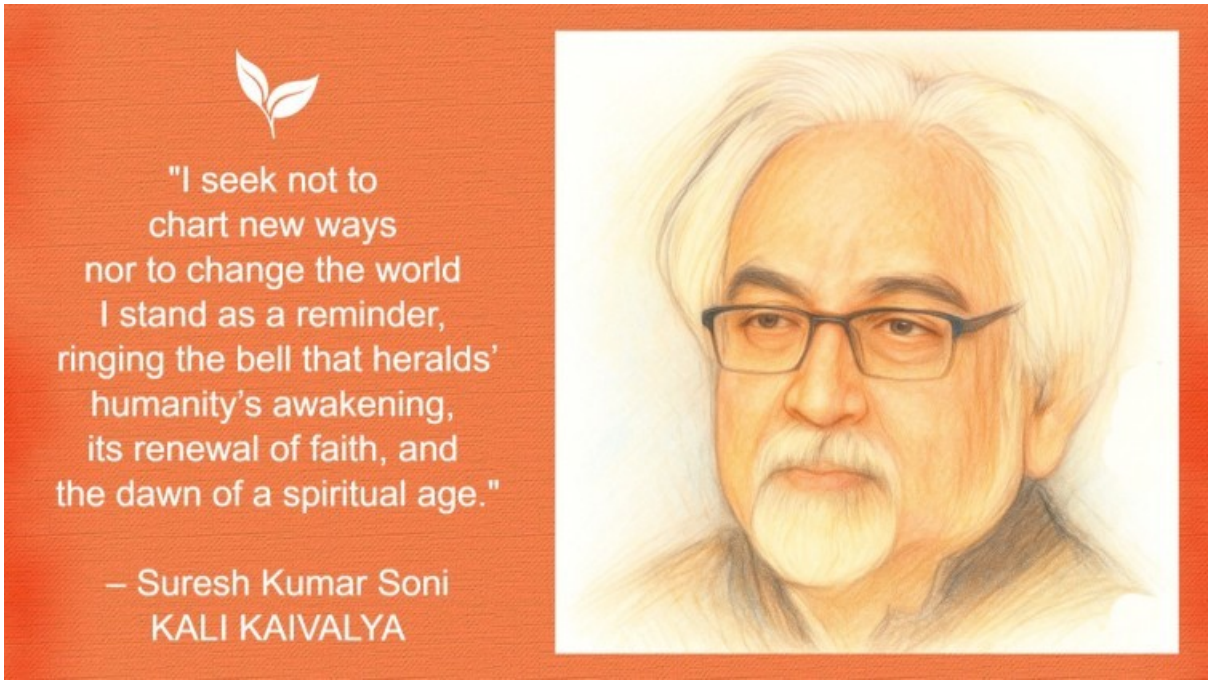
"I seek not to
chart new ways
nor to change the world
I stand as a reminder,
ringing the bell that heralds'
humanity's awakening,
its renewal of faith, and
the dawn of a spiritual age."
– Suresh Kumar Soni
KALI KAIVALYA

MY WRITINGS — ROOTED IN PERSONAL EXPERIENCE, NOT IN HEARSAY

My writings have grown slowly and quietly over time, shaped by what life has taught me.

They are not the outcome of any formal scholarship or borrowed knowledge, but rather a reflection of what I have personally experienced, observed, and understood.

I have always felt that words carry real meaning only when they arise from direct personal experience.

Books written from one's own journey may not claim completeness, but they often bear a sense of truth that comes from being lived, not learned.

I have tried, therefore, to write only what I have seen or realized, and not to repeat what others have said.

My intention has never been to instruct, but to share a path — one that continues to unfold before me.

A RELIGIONLESS WORLD

In my search to understand what religion truly means, I read and reflected upon the sacred texts of many major faiths.

Through this journey, I came to see that while religions once served as moral and spiritual guides, over time, many have hardened into dogmas and divisions.

This book is a simple expression of that realization — that the essence of God, Allah, Ishwar may be better understood as Cosmic Consciousness, present equally in all.

I have come to believe that spirituality must transcend rigid doctrines, freeing humanity from the conflicts that arise from differing beliefs.

If religion promotes love and goodness, it serves its purpose.

However, when it becomes a cause for hatred, it may be time to reconsider its form — to allow a gentler, more universal spirituality to take its place.

A MONK WHO GAMBLED ON THE GAME OF LIFE

This book tells the real-life story of my elder brother, Swami Satyananda Giri, whose journey I witnessed closely.

I was with him through many of life’s turning points — from his days as a young man in love to his renunciation of worldly life.

His life reflected both spiritual longing and human struggle, and in telling his story, I found myself reflecting upon the fine balance between duty and detachment.

The book raises a question that has often troubled me — whether true spirituality can stand apart from responsibility, or whether it must grow within the fabric of family and society.

Through his experiences, I also saw how easily faith can be misused by those who adopt the appearance of spirituality for personal gain. The book is, in part, an appeal to recognize authentic seeking and to guard against its imitation.

DO SOULS EXIST?

This book began with a moment that left a deep mark on me.

One evening, while sitting in stillness, I felt the presence of my late father, the poet Mehr Lal Soni “Zia Fatehabadi.” Though unseen, his nearness was unmistakable — gentle, peaceful, and filled with grace.

That experience moved me to explore one of life’s oldest questions: Does the soul exist?

Rather than offering conclusions, I chose to share my experience and invite reflections from others. More than a hundred responses arrived — from scientists, philosophers, spiritual teachers, and thinkers — each offering a different light on the same mystery.

This book does not seek to prove or disprove anything. It simply opens a space for reflection — for wonder, curiosity, and humility before the unknown.

LIFE & LIVING TRILOGY

(Who Are We? • The Purpose of Life • Reality & Mystery)

After my retirement, I often wondered whether we could frame a universal guide for life and living, one that could speak to all, irrespective of religion or background.

Out of that reflection grew the Life & Living Trilogy.

These books explore the basic questions that have long occupied my mind — Who are we? What is the purpose of life? What is the nature of reality? They bring together insights drawn from India’s ancient wisdom and my own life experiences, in the hope of helping readers look within and live more consciously.

I do not offer answers, only questions and reflections — stepping stones for anyone seeking a more meaningful life.

RANDOM RHYTHMS

Random Rhythms is a collection of 270 poems that came to me over time, often unplanned, during moments of quiet thought or sudden awareness.

Writing under the pen name Kali Kaivalya, I tried to express what I could not convey in prose — glimpses of insight, emotion, and wonder.

These poems draw from Vedic and Buddhist thought, yet they were born from everyday experience – Sadhana (meditation) — from silence, nature, contemplation, and the rhythms of ordinary life.

They trace, in their own way, the journey from illusion to understanding, from restlessness to peace. If they speak to the

reader, it may be because they arose not from theory, but from life itself.

A CONTINUING JOURNEY

My writings are not declarations or doctrines — they are milestones along a path that I, too, am still walking.

Life continues to teach, and I continue to learn.

If these books help even a few readers to pause, to reflect, or to look within, they will have served their purpose.

For in the end, the truest learning is not in words, but in the quiet realization of one’s own personal experience.

A RELIGIONLESS WORLD

https://www.academia.edu/144190625/A_ReligionLess_World_Pdf

DO SOULS EXIST?

https://www.academia.edu/144191366/Do_Souls_Exist

THE MONK WHO GAMBLED ON THE GAME OF LIFE

https://www.academia.edu/144164400/THE_MONK_WHO_GAMBLED_ON_THE_GAME_OF_LIFE

LIFE & LIVING TRILOGY (a set of three books)

WHO ARE WE

https://www.academia.edu/126430271/LIFE_and_LIVING_TRILOGY_BOOK_ONE_WHO_ARE_WE

THE PURPOSE OF LIFE

https://www.academia.edu/126430283/LIFE_and_LIVING_TRILOGY_BOOK_TWO_THE_PURPOSE_OF_LIFE

REALITY & MYSTERY

https://www.academia.edu/126430291/LIFE_LIVING_TRILOGY_BOOK_THREE_REALITY_and_MYSTERY

RANDOM RHYTHMS

https://www.amazon.in/Random-Rhythyms-Collection-Poems-Kaivalya/dp/9371075678